




## MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>What is a meal?</b>  <b>An Entrée</b> (Protein &amp; Grain usually ie: Hamburger on a Bun or Pizza)  <b>2 Fruits</b>  <b>2 Vegetables</b></p>		<p><i>A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged</i></p> 		<p>1  <b>1 c WG Rotini</b>                  Served w/ ½ cup Homemade Spaghetti Meat Sauce &amp; 2 oz cup of Moz Cheese or  <b>Queso Sauce Over Top</b>                  (2 ½ Protein &amp; 2 Starch) or  <b>2 oz RS Ham &amp; ½ oz American Cheese on a WG Croissant</b> Served w/ 10 Tater Tots                  (2 ½ Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Assorted Fresh Vegetables                  Steamed Green Beans  <u>½ c Fruit (may take 2)</u>                  Assorted Fresh Fruit Applesauce                  3 Asst. Canned/Frozen Fruits</p>
<p>4  <b>WG Chicken Quesadilla Pizza</b>                  Served w/ Salsa (2 Protein &amp; 2 Starch) or  <b>Meatloaf on a WW Bun Served w/ 10 Tater Tots</b>                  (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Cucumber Slices                  Fresh Celery Sticks                  Steamed Corn  <u>½ c Fruit (may take 2)</u>                  Fresh Apple                  ½ c Peaches                  Cinnamon Apple Slices                  3 Asst. Canned/Frozen Fruits</p>	<p>5  <b>Italian Dunkers</b> (3 Bread Sticks w/ ½ c RS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Steamed Carrots  <u>½ c Fruit (may take 2)</u>                  2 Fresh Orange Wedges                  Homemade Chunky Applesauce                  3 Asst. Canned/Frozen Fruits</p>	<p>6  <b>South of the Border Turkey Melt</b>                  (Sliced Turkey Served on a Ciabatta Roll W/ Pepper Jack Cheese) (2 Protein &amp; 2 Starch) or  <b>Tuna Salad Served in a Pita</b>                  Served w/ a Tomato Salad (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Steamed Broccoli  <u>½ c Fruit (may take 2)</u>                  Fresh Apple                  Homemade Chunky Applesauce                  3 Asst. Canned/Frozen Fruits</p>	<p>7  <b>Hot Dogs on WW Buns Served w/ PC Ketchup &amp; Mustard</b>                  (2 Protein &amp; 4 Starch) or  <b>Grilled Chicken &amp; Cheese on a Bun w/ Lettuce and Tomato</b>                  Served w/ 1 PC of Ranch (2 1/2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Vegetarian Beans  <u>½ c Fruit (may take 2)</u>                  2 Fresh Orange Wedges                  ½ c Strawberries                  3 Asst. Canned/Frozen Fruits</p>	<p>8  <b>1 c WG Rotini</b>                  Served w/ ½ cup Homemade Spaghetti Meat Sauce &amp; 2 oz cup of Moz Cheese or  <b>Queso Sauce Over Top</b>                  (2 ½ Protein &amp; 2 Starch) or  <b>4 oz Sliced Oven Roasted Sliced Turkey Served w/ 2 oz Gravy,</b>                  ½ c Homemade Stuffing and 1 WG Dinner Roll</p> <p><u>½ c Vegetables (may take 2)</u>                  Assorted Fresh Vegetables                  Steamed Green Beans  <u>½ c Fruit (may take 2)</u>                  Assorted Fresh Fruit Applesauce                  3 Asst. Canned/Frozen Fruits</p>
<p>13  <b>WG Chicken Quesadilla Pizza</b>                  Served w/ Salsa (2 Protein &amp; 2 Starch) or  <b>WG Stuffed Crust Pizza</b>                  (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Cucumber Slices                  Fresh Celery Sticks                  Steamed Corn  <u>½ c Fruit (may take 2)</u>                  Fresh Apple                  ½ c Peaches                  Cinnamon Apple Slices                  3 Asst. Canned/Frozen Fruits</p>	<p>14  <b>Italian Dunkers</b> (3 Bread Sticks w/ ½ c RS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Steamed Carrots  <u>½ c Fruit (may take 2)</u>                  2 Fresh Orange Wedges                  Homemade Chunky Applesauce                  3 Asst. Canned/Frozen Fruits</p>	<p>15  <b>Tuna Salad Served in a Pita</b>                  Served w/ a Tomato Salad (2 Protein &amp; 2 Starch) or  <b>Cheeseburger w/American Cheese</b>                  Served w/1/2 c Pasta Salad (2 ½ Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Steamed Broccoli  <u>½ c Fruit (may take 2)</u>                  Fresh Apple                  Homemade Chunky Applesauce                  3 Asst. Canned/Frozen Fruits</p>	<p>16  <b>Hot Dogs on WW Buns Served w/ PC Ketchup &amp; Mustard</b>                  (2 Protein &amp; 4 Starch) or  <b>Baked Potato</b> Served w/ 2 oz Homemade Meat Sauce, 2 oz Melted Cheese, 2 oz RF Sour Cream and 2 Slices of WW Bread (2 Protein &amp; 2 Starch &amp; 2 Veg)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Vegetarian Beans  <u>½ c Fruit (may take 2)</u>                  2 Fresh Orange Wedges                  ½ c Strawberries                  3 Asst. Canned/Frozen Fruits</p>	<p>17  <b>1 c WG Rotini</b>                  Served w/ ½ cup Homemade Spaghetti Meat Sauce &amp; 2 oz cup of Moz Cheese or  <b>Queso Sauce Over Top</b>                  (2 ½ Protein &amp; 2 Starch) or  <b>Grilled Chicken &amp; Cheese Sandwich</b>                  on a WG Bun Served w/ PC Ranch Dressing                  (2 ½ Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Assorted Fresh Vegetables                  Steamed Green Beans  <u>½ c Fruit (may take 2)</u>                  Assorted Fresh Fruit Applesauce                  3 Asst. Canned/Frozen Fruits</p>
<p>20  <b>WG Chicken Quesadilla Pizza</b>                  Served w/ Salsa (2 Protein &amp; 2 Starch) or  <b>WG Tuna Wrap Served w/ Romaine Lettuce and Tomatoes</b>                  (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Cucumber Slices                  Fresh Celery Sticks                  Steamed Corn  <u>½ c Fruit (may take 2)</u>                  Fresh Apple                  ½ c Peaches                  Cinnamon Apple Slices                  3 Asst. Canned/Frozen Fruits</p>	<p>21  <b>Italian Dunkers</b> (3 Bread Sticks w/ ½ c RS Spaghetti Sauce) &amp; 5 RF Mozzarella Sticks (2 Protein &amp; 4 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Steamed Carrots  <u>½ c Fruit (may take 2)</u>                  2 Fresh Orange Wedges                  Homemade Chunky Applesauce                  3 Asst. Canned/Frozen Fruits</p>	<p>22  <b>South of the Border Turkey Melt</b>                  (Sliced Turkey Served on a Ciabatta Roll W/ Pepper Jack Cheese) (2 Protein &amp; 2 Starch) or  <b>2 oz RS Ham &amp; ½ oz American Cheese on a WG Croissant</b> Served w/ 10 Tater Tots                  (2 ½ Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Steamed Broccoli  <u>½ c Fruit (may take 2)</u>                  Fresh Apple                  Homemade Chunky Applesauce                  3 Asst. Canned/Frozen Fruits</p>	<p>23  <b>2 Hot Dogs on WW Buns Served w/ PC Ketchup &amp; Mustard</b>                  (2 Protein &amp; 4 Starch) or  <b>Grilled Chicken &amp; Cheese on a Bun w/ Lettuce and Tomato</b>                  Served w/ 1 PC of Ranch (2 1/2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Fresh Baby Carrots                  Fresh Celery Sticks                  Vegetarian Beans  <u>½ c Fruit (may take 2)</u>                  2 Fresh Orange Wedges                  ½ c Strawberries                  3 Asst. Canned/Frozen Fruits</p>	<p>24  <b>1 c WG Rotini</b>                  Served w/ ½ cup Homemade Spaghetti Meat Sauce &amp; 2 oz cup of Moz Cheese or  <b>Queso Sauce Over Top</b>                  (2 ½ Protein &amp; 2 Starch) or  <b>2 oz WG Grilled Cheese Sandwich Served w/ 8 oz Tomato Soup</b>                  (2 Protein &amp; 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u>                  Assorted Fresh Vegetables                  Steamed Green Beans  <u>½ c Fruit (may take 2)</u>                  Assorted Fresh Fruit Applesauce                  3 Asst. Canned/Frozen Fruits</p>
	<p>25  <b>Winter</b></p>	<p>26  </p>	<p>27  <b>Recess</b></p>	

## Available Daily at the High School

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p style="text-align: center;"><u>Pizza Line</u> WW Pizza or <b>NEW 4 Pizza Sticks</b> or Breaded Chicken on a WG Bun or Spicy Chicken Patty on a WG Bun Served w/ Assorted Fruits &amp; Vegetables and Milk</p> <p style="text-align: center;"><u>New Cafeteria</u> <b>8.25" WG Hot Wrap Station</b> Buffalo Chicken Wrap Chicken Fajita Wrap Ranch Chicken Wrap BBQ Chicken Wrap Bosco Sticks w/ Marinara Sauce Served w/ Assorted Fruits &amp; Vegetables and Milk</p> <p style="text-align: center;"><u>Small Cafeteria</u> <b>Grab &amp; Go Meals:</b> Salad Shaker(1 cup Romaine Lettuce, 1/8 C Tomatoes, 3 oz Chicken, 1 oz Grated Cheese &amp; 1 package of Scoops</p> <p>3 oz Tuna Salad w/ Romaine &amp; Tomato on a WG Bagel</p> <p>3 oz Turkey WG Bagel Sandwich</p> <p>WG Italian Wrap(2 oz mixed meats &amp; 1/2 oz Cheese, Romaine Lettuce and 2 slices of Tomatoes) Served w/ Assorted Fruits &amp; Vegetables and Milk</p> <p style="text-align: center;"><b>Ala Carte:</b></p> <p><b>El Loco Bar: (Gluten Free)</b> 1 Package Baked Nachos Or 1-8" WG Tortilla or 2 oz Cut up Chicken or 2 oz Beef 1/2 c Black or 1/2c Pinto Beans 1/2 c Long Grain Rice <b>2 oz cup Grated Cheddar Cheese</b> 1 c Chopped Romaine Lettuce 1/8 c Diced Tomatoes 1 TBSP Chopped Onions 1 TBSP Sliced Jalapenos 2 oz Sour Cream 2 oz Salsa Served w/ Fruit &amp; Milk</p>	<p style="text-align: center;"><u>Pizza Line</u> WW Pizza <b>NEW 4 Buffalo Sticks</b> or Breaded Chicken on a WG Bun or Spicy Chicken Patty on a WG Bun Served w/ Assorted Fruits &amp; Vegetables and Milk</p> <p style="text-align: center;"><u>New Cafeteria</u> <b>8.25" WG Hot Wrap Station</b> Buffalo Chicken Wrap Chicken Fajita Wrap Ranch Chicken Wrap BBQ Chicken Wrap Bosco Sticks w/ Marinara Sauce Served w/ Assorted Fruits &amp; Vegetables and Milk</p> <p style="text-align: center;"><u>Small Cafeteria</u> <b>Grab &amp; Go Meals:</b> Salad Shaker(1 cup Romaine Lettuce, 1/8 C Tomatoes, 3 oz Chicken, 1 oz Grated Cheese &amp; 1 package of Scoops</p> <p>3 oz Tuna Salad w/ Romaine &amp; Tomato on a WG Bagel</p> <p>3 oz Turkey WG Bagel Sandwich</p> <p>WG Italian Wrap(2 oz mixed meats &amp; 1/2 oz Cheese, Romaine Lettuce and 2 slices of Tomatoes) Served w/ Assorted Fruits &amp; Vegetables and Milk</p> <p style="text-align: center;"><b>Ala Carte:</b></p> <p><b>El Loco Bar: (Gluten Free)</b> 1 Package Baked Nachos Or 1-8" WG Tortilla or 2 oz Cut up Chicken or 2 oz Beef 1/2 c Black or 1/2c Pinto Beans 1/2 c Long Grain Rice <b>2 oz cup Grated Cheddar Cheese</b> 1 c Chopped Romaine Lettuce 1/8 c Diced Tomatoes 1 TBSP Chopped Onions 1 TBSP Sliced Jalapenos 2 oz Sour Cream 2 oz Salsa Served w/ Fruit &amp; 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Milk</p>

**New State & Federal Regulations for 2017-2018**

1 c Fruit Serving

1 c Vegetable Serving

**(Weekly minimums: 1/2c legumes, 1/2c dark greens, 1 1/4c red/orange, 1/2c starchy, 3/4c other, Plus an additional 1 1/2 c veg)**

2 Grain Minimum per Day

2oz Protein Minimum per Day

Minimum- Maximum Calories 750-850

8oz Low Fat Milk (1%, Skim and Flavored Skim Milks offered)

Saturated Fat- Less than 10 % of Total Calories

Sodium- 1420 mg or less

Zero Trans Fats

WG: Whole Grain    WW: Whole Wheat    LS: Low Sodium    RF: Reduced Fat

Visit Our Website at [www.guilderlandschools.org](http://www.guilderlandschools.org)

Student Lunch Price: \$3.05    Milk: \$.60    Adult Lunch Price \$3.45 plus tax



**A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged**

**Non-discrimination Statement:**

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(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;  
(2) fax: (202) 690-7442; or  
(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).  
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